

B. In the Specification

Please amend the Specification as set forth below. Enclosed are clean and marked-up paragraphs, incorporating the amendment(s) below. It is believed that no new matter has been added.

Page 2, delete paragraph 1 in its entirety and there insert This is a continuation-in-part application which claims priority from, U.S. Patent Application Serial No. 09/977,557, filed 10/15/01, U.S. Patent Application Serial No. 09/829,757 filed 4/10/01, which is a continuation-in-part application which claims priority from and incorporates by reference, U.S. Patent Application Serial Number 60/196,498, filed April 12, 2000, now abandoned, all bearing the same title and all incorporated by reference.

Page 3, delete paragraph 2 in its entirety and there insert The known interfaces for cardiovascular fitness equipment are cumbersome for inputting data. Usually, the equipment also has a poor input device. Typically a keypad with a few, relatively small buttons is mounted on the cardiovascular a fitness machine. The keypad is difficult to manipulate while exercising. For example, it is necessary to focus one's line of vision to a small keypad and press buttons to adjust the parameters of the exercise routine. If this is done while running on a treadmill, the person may lose their sense of balance or mistakenly enter incorrect values.